

Full Report (All Nutrients) 09319, Strawberries, frozen, sweetened, whole

Report Date: July 01, 2017 01:55 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, thawed 255g	1 package (10 oz) 284g
Proximates						
Water	g	78.05	7	0.931	199.03	221.66
Energy	kcal	78	--	--	199	222
Energy	kJ	326	--	--	831	926
Protein	g	0.52	7	0.059	1.33	1.48
Total lipid (fat)	g	0.14	7	0.015	0.36	0.40
Ash	g	0.30	7	0.071	0.77	0.85
Carbohydrate, by difference	g	21.00	--	--	53.55	59.64
Fiber, total dietary	g	1.9	--	--	4.8	5.4
Sugars, total	g	18.61	--	--	47.46	52.85
Minerals						
Calcium, Ca	mg	11	7	1.048	28	31
Iron, Fe	mg	0.47	7	0.041	1.20	1.33
Magnesium, Mg	mg	6	3	0.606	15	17
Phosphorus, P	mg	12	5	0.915	31	34
Potassium, K	mg	98	3	7.340	250	278
Sodium, Na	mg	1	3	0.100	3	3
Zinc, Zn	mg	0.05	3	0.009	0.13	0.14
Copper, Cu	mg	0.019	3	0.005	0.048	0.054
Manganese, Mn	mg	0.249	3	0.051	0.635	0.707
Selenium, Se	µg	0.7	2	--	1.8	2.0
Vitamins						
Vitamin C, total ascorbic acid	mg	39.5	7	6.876	100.7	112.2

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Thiamin	mg	0.015	7	0.003	0.038	0.043
Riboflavin	mg	0.077	7	0.023	0.196	0.219
Niacin	mg	0.293	7	0.022	0.747	0.832
Pantothenic acid	mg	0.108	--	--	0.275	0.307
Vitamin B-6	mg	0.028	2	--	0.071	0.080
Folate, total	µg	4	2	--	10	11
Folic acid	µg	0	--	--	0	0
Folate, food	µg	4	2	--	10	11
Folate, DFE	µg	4	--	--	10	11
Choline, total	mg	4.8	--	--	12.2	13.6
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	1	7	0.122	3	3
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	16	--	--	41	45
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	27	7	2.448	69	77
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	23	--	--	59	65
Vitamin E (alpha-tocopherol)	mg	0.24	--	--	0.61	0.68
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	1.9	--	--	4.8	5.4
Lipids						
Fatty acids, total saturated	g	0.007	--	--	0.018	0.020
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000

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16:0	g	0.005	--	--	0.013	0.014
18:0	g	0.001	--	--	0.003	0.003
Fatty acids, total monounsaturated	g	0.019	--	--	0.048	0.054
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.019	--	--	0.048	0.054
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.068	--	--	0.173	0.193
18:2 undifferentiated	g	0.040	--	--	0.102	0.114
18:3 undifferentiated	g	0.029	--	--	0.074	0.082
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.006	--	--	0.015	0.017
Threonine	g	0.016	--	--	0.041	0.045
Isoleucine	g	0.012	--	--	0.031	0.034
Leucine	g	0.026	--	--	0.066	0.074
Lysine	g	0.021	--	--	0.054	0.060
Methionine	g	0.001	--	--	0.003	0.003
Cystine	g	0.004	--	--	0.010	0.011
Phenylalanine	g	0.015	--	--	0.038	0.043
Tyrosine	g	0.017	--	--	0.043	0.048
Valine	g	0.015	--	--	0.038	0.043
Arginine	g	0.022	--	--	0.056	0.062
Histidine	g	0.010	--	--	0.026	0.028
Alanine	g	0.026	--	--	0.066	0.074
Aspartic acid	g	0.116	--	--	0.296	0.329
Glutamic acid	g	0.076	--	--	0.194	0.216

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Glycine	g	0.020	--	--	0.051	0.057
Proline	g	0.016	--	--	0.041	0.045
Serine	g	0.019	--	--	0.048	0.054
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0